

A large photograph of a kitchen. In the foreground, the back of a person's head with white hair is visible. The kitchen has metal shelving units filled with various items, including a blue container and a striped bag. The word "Carolina" is written in large white letters across the top, and "Country" is written in smaller white letters below it.

Carolina

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INSIDE:
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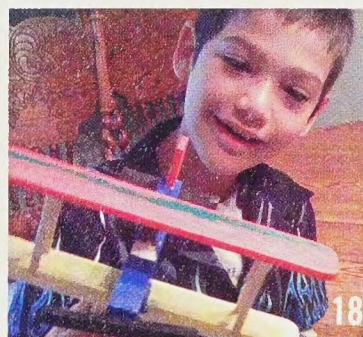


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Wanda Latham (left) and Corinne Woolard work on ornamental crafts at The Blind Center in Washington, N.C. The Blind Center's holiday craft sale is Dec. 7-8. See page 10.
(Photo by Karen Olson House)



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North Carolina's electric cooperatives provide reliable, safe and affordable electric service to 850,000 homes, farms and businesses in North Carolina. The 27 electric cooperatives are each member-owned, not-for-profit and overseen by a board of directors elected by the membership.

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HAS YOUR ADDRESS CHANGED?

Carolina Country magazine is available monthly to members of North Carolina's electric cooperatives. If you are a member of one of these cooperatives but do not receive Carolina Country, you may request a subscription by calling Member Services at the office of your cooperative. If your address has changed, please inform your cooperative.

How are we doing?



By Michael E.C. Gery, editor

We must be doing something right.

A survey of Carolina Country readers conducted in August indicates that about 9 in 10 of you are really satisfied with the magazine and the information we publish about North Carolina and your Touchstone Energy cooperative.

Of course we know there's always room for improvement, so consider this an invitation to those of you who were not contacted by phone for the survey to let us know what you think.

First, we'd like to thank the co-op members who took time to respond to the telephone survey. We know surveys can bother people, but in our case we're just trying to make Carolina Country the best it can be. For the same reason, your cooperative from time to time conducts similar surveys about other services.

We especially learn a lot from the mail and calls we receive every day. Thanks for those, too.

Here's a summary of key points in the survey:

- » The mean satisfaction rate was 8.72 on a 10-point scale. ("Mean" means "a value that is intermediate between other values," whatever that means.)
- » More than 80 percent of you give high marks to the pages your cooperative publishes to provide information about co-op business. (More than 75 percent look at those co-op news pages every month.)
- » About 90 percent prefer Carolina Country for co-op information compared to alternatives such as billstuffers.
- » More than 75 percent read four of the last four issues of the magazine.
- » More than 80 percent keep it a week or more.

Listed by popularity, the sections of the magazine you like most are these (read 70 percent of the time):

- » Stories and photos by readers
- » Recipes
- » Gardening column
- » Energy information
- » Feature stories
- » "You Know You're From Carolina Country If..."

Many of you would like to see more information about these subjects (even though 73 percent said "nothing else"):

- » Home improvement
- » Health and health care
- » Financing and budget matters

We asked how long you've been a member of your electric cooperative. More than 40 percent said 20 years or more, while 14 percent said two years or less. We are interested in hearing from people who are new to an electric cooperative, because we don't want to preach only to the choir.

The survey was reported anonymously, so people were free to say whatever they want. We did get such comments as, "Save the paper." But we received more like, "It is kind of like a good friend who comes every month."

For 60 years, our mission has been to remain devoted to members of North Carolina's electric cooperatives and to include our readers in delivering helpful and interesting information about their cooperatives and communities. Because the electricity distribution business is changing as rapidly as North Carolina itself is changing, we ask you to help make Carolina Country all it can be. ☺

E-mail: editor@carolinacountry.com
U.S. Mail: 3400 Sumner Blvd.,
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In touch in Iraq

I stay close to home by reading Carolina Country. I am with the 2nd Marine Expeditionary Force (forward) based at Camp Lejeune. My wife, Diana, and our daughters Savanna and Sydney live in Havelock, and we are proud members of Carteret-Craven Electric Cooperative.

Gunnery Sgt. Thomas B. Kush, II MEF Collections Chief, Camp Fallujah, Iraq, DSN: 318-3404-246



The Great Pink Hill Pumpkin

Call Linus, Charlie Brown! My kids captured The Great Pumpkin! This is my son Declan Murphy, 5, with his Granddad's prize-winning 493-pound pumpkin. Declan pollinated the pumpkin on one of his Granddad's vines and within days it was the size of a softball. The pumpkin was featured in the Lenoir County Fair this year.

Leighton Murphy, Pink Hill, Tri-County EMC

You know . . .

Thanks to everyone who sent us letters about our page called "You Know You're From Carolina Country If . . ." in response to the opinion that the expressions and memories we publish on that page tend to insult or degrade North Carolinians, especially rural residents. ["First Person," October 2007]. Our recently completed reader survey found that section among the most widely read and appreciated. So we'll continue to publish it, but we'll carefully remove anything insulting or degrading.

—The editors

Here are some of your comments:

One thing about being from Carolina country that makes it great is our ability to love our neighbors and greet strangers with a wave and a smile.

Kim Baumgardner Sanders, Zionville, Blue Ridge Electric

I was proud and honored to have my contributions printed in the August issue. Why it even took me an extra 25 minutes to get out of church Sunday after the preacher said his last "amen," when many people came up to tell me that they read and loved it. Needless to say my phone rang off the hook for days about it.

Bill Hinton, Mebane, Piedmont EMC

Something Southern inside me says I shouldn't be writing back, except to say "bless your heart." But at the same time, you might not be from Carolina country if you don't know or associate with anyone who writes in to share these wonderful observations and memories. Get to know them. These are our neighbors.

Tom Layton, Boone, Blue Ridge Electric

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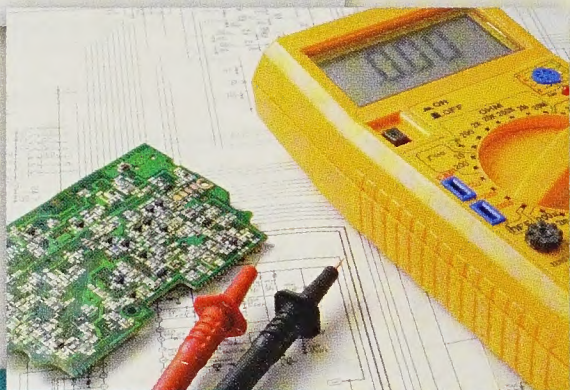
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Dedicating a new power plant

Congressman Robin Hayes joined other dignitaries and leaders of North Carolina's electric cooperatives Sept. 12 near Lilesville to dedicate a peak generating facility known as the Anson Plant. The facility, owned by the North Carolina Electric Membership Corporation, began commercial operation June 1. The plant will operate when the demand for energy and the wholesale cost of power are at their highest—during the hottest days of the summer and the coldest nights of the winter. The natural gas facility has the capacity to produce up to 340 megawatts of electricity annually.

Aim at large energy consumers

Having participated in an effort to encourage the N.C. Utilities Commission to deny an application to put 450-foot high wind turbines on some of our mountain ridges, I read your article on the state legislation regarding renewable energy. ["More Power to You," October 2007] In the process of opposing the destruction of our mountain views, I learned that 69 percent of the electricity consumed in America is consumed by stores, factories, schools and public buildings. I also saw on the Bradford Technologies Web site that Bradford has "gone green" by covering its roof with solar collectors and generating all the electricity it uses.

These two items of information triggered this thought: If every Wal-Mart, Target, Lowe's Hardware, Home Depot, school, factory, etc. in America generated electricity with solar collectors, a significant portion of our energy problem would be solved. Wal-Mart is making efforts to conserve energy and others are as well.

If the N.C. General Assembly had passed legislation requiring an effort to conserve and/or generate energy by the greatest consumers of it rather than requiring utilities to find ways of doing it and passing the cost onto consumers, we might address the problem more directly and effectively.

Phil Lewis, West Jefferson, Blue Ridge Electric

We can do it

Q: I have heard of a new reflecting paint you can spray on your attic roof to reflect heat and reduce energy usage. Can you provide more information on this paint and its effects?

Kevin Pierce

A: Some new reflective paints on the market are intended to be sprayed or brushed onto the bottom of the roof deck. The idea is to reduce how much heat absorbed by the roof radiates into the attic. The theory is that reducing the radiant heat load in the attic reduces attic temperature, in turn reducing the heat load to the conditioned space. Some studies do demonstrate a benefit.

We believe a better solution is a continuously tight air and insulation barrier between the conditioned space ceiling and the attic. Because most insulation does not stop air movement, improving air tightness first minimizes movement of air between the attic and the home. Then, properly installed insulation makes attic temperature less of an influence on the conditioned space. Reducing the air flow from the home to the attic and having adequate insulation will keep attic heat from getting into the living space far better than adding layers of reflective paint to the underside of the roof.

Creating a durable air and thermal barrier between the attic and the living space not only saves energy, it also makes the home more comfortable and reduces dust. Look for gaps in insulation, as well air leaks between the house and the attic, especially around pull-down steps, recessed lighting, plumbing, wiring and ductwork holes.

Source: TSE Services, a market research provider for electric cooperatives throughout the U.S., and Advanced Energy, a Raleigh-based energy research organization.

Can you help others save energy? Send your conservation ideas or questions to us.

editor@carolinacountry.com

P.O.Box 27306, Raleigh, NC 27611

WHERE IN CAROLINA COUNTRY IS THIS? →



October winner:

We received more than 400 replies to the question of where that “Mustang on a stick” is located. Most everyone identified it as the former site of Bingham Automotive, now County Line Used Parts LCID & CD Landfill. It is on Hwy. 49 between Tucker Town Lake and Denton, near the Davidson and Randolph county line. Dan Spargo of Randleman said it’s a 1965 Mustang that was hoisted into place by Steel Erection and Supply of Asheboro. Correct answers were numbered and the \$25 winner chosen at random was Blanche Satterfield of Asheboro, a member of Randolph EMC.

MORE POWER TO YOU

This is a Carolina Country scene in Touchstone Energy territory. If you know where it is, send your answer by Nov. 6 with your name, address, phone number and the name of your electric cooperative.

By e-mail: where@carolinacountry.com

Or by mail: Where in Carolina Country?
P.O. Box 27306
Raleigh, NC 27611

The winner, chosen at random and announced in our December issue, will receive \$25.

October



Helping farmers move hay

N.C. Agriculture Commissioner Steve Troxler has announced two programs that will help drought-stricken livestock producers with the cost of transporting hay to their farms. The Golden Hay Relief Program is made possible by a \$500,000 grant from the Golden LEAF Foundation. The Ag Partners Hay Relief Program is funded by \$11,000 in donations from farm credit associations across the state.

The drought has caused an estimated \$80 million in losses of hay, pasture and forage across the state, Troxler said. Corn and soybean growers have shown an eagerness to help livestock producers.

The Golden Hay program can help livestock producers pay for transporting hay and alternative feeds, such as cornstalks and soybean hay, purchased in North Carolina and trucked to their farms. Typically, livestock operators grow their own feed, but this year, due to extreme drought conditions, farmers must transport hay and alternative feeds from eastern North Carolina to sustain herds through the winter.

Farmers will be reimbursed for a percentage of their transporta-

tion costs, not to exceed 50 percent. Farmers can download an application and eligibility criteria from the NCDA&CS Hay Alert Web site, www.ncagr.com/HayAlert. They also can request an application by calling (866) 506-6222 weekdays from 8 a.m. to 8 p.m. The Hay Alert site and hotline also help farmers find hay and transportation. Application deadline is Dec. 31. The department anticipates mailing reimbursement checks to farmers in February.

The Ag Partners Hay Relief Program can help farmers with the cost of moving hay purchased outside North Carolina. The department has received a total of \$11,000 in donations from Carolina Farm Credit, Cape Fear Farm Credit and East Carolina Farm Credit for the Ag Partners Hay Relief Program and hopes to secure additional funding.

The cost-share program will reimburse farmers 50 cents per mile, up to \$300, for a load of hay moved from out of state. Reimbursements will be made on a first-come, first-served basis as long as funding is available. For information, call (866) 506-6222.

Renewable energy and mountaintops

I am an appropriate technology/renewable energy student at Appalachian State. When we talk about the comparative costs of fossil fuel energy and renewable energy, we should consider the fact that externalities in the price of electricity produced by fossil fuels cause the kilowatt-hour price to rise to be comparable with energy produced by renewables, especially wind power. Externalities include the costs of environmental clean-up, and for the degradation and consumption of fossil fuels. If electricity were produced by renewables to begin with, no money would need to be spent on cleaning up our messes and we would reduce our greenhouse gas emissions.

Also, when you mention that turbines are “difficult to site in the mountains because of laws that prevent structures on top of ridges,” what about the condos on top of Sugar Mountain? There is an enormous structure on a ridge that is soaking up power instead of producing any.

Kirby Jones, Boone

Active Hands, Active Minds

Beaufort County's
Blind Center is known
for caring and crafts

By Karen Olson House



It's craft time, and the ladies are tying on purple aprons. Corinne tries again and again to tie hers, her brow furrowed in concentration, but her bunched-up sweater is in the way.

"Do you want some help with that?" Wanda asks in Corinne's right ear. The apron is secured and Corinne beams a 1,000-watt smile. It's like a shot of pure sunshine. But apparently it's not an angelic smile.

"You know what that tie reminds me of?" Corinne asks slyly. "That tail hanging down behind me!"

A burst of appreciative laughter ripples through the room. Wanda Latham, visually impaired and a fellow client, starts to take Corinne's sweater. Corinne Woolard, 97, blind and nearly deaf, gently pulls it back. "I'll go put it up," she says and slowly crosses the room.

The main project today is to coat balloons with petroleum jelly then wrap them in colored thread, made sticky by pasta starch. When the balloons dry, they'll be lightweight tree ornaments. The ladies carefully swish weathered fingers through the jelly on aluminum pie plates. Doris Wilson smiles and hums as she crisscrosses green thread around a pink balloon. Shirley Simmons, who once picked 52 pounds of crab daily for local crab houses, deftly runs yarn through a winder. As they work, Sally Moler, the assistant director at The Blind Center, reads the local paper's account of their recent craft sale aloud while volunteers bustle about cheerfully.

Wanda leans in to help Corinne, and they drop her gooey balloon across Corinne's chest. "Hey! I'll have to go to the river and soak," says Corinne. Later, when Corinne's balloon is pronounced done, Corinne asks, "Do I have any weak spots on it? Have I got it even?"

Nearby, Lucy Alligood, 89, is carefully painting white pumpkin molds bright orange, peering with her good eye. "I've got at least a couple of dozen to go. I won't do them all today, but I want to get as many as I can." Alligood says she is always willing to do what the Center needs, "what they ask of her." Alligood serves on the Center's board and has been coming here for well over 20 years, "for the foolishness and fellowship. When you are by yourself, you dwell and you get sick."

A sense of purpose

The idea of a center originated in the late 1970s with a social worker for the blind who wanted to bring elderly,

isolated people together. Today, The Blind Center, located in Washington, N.C.'s Historic District in Beaufort County, comprises the original building, an addition and The Learning Center, a 6,000 square-foot facility constructed primarily from local Lions Club funds. It houses the Gift Shoppe, a textile weaving room, sewing room, offices, kitchens and a multi-use area for meals, chair exercises, fundraisers and occasional educational programs.

The mission of The Blind Center is to help the blind and visually impaired remain as independent as possible. And whether it's creating block printing, weaving baskets or stuffing pillows, making crafts keeps clients' minds and bodies active and infuses a sense of purpose.

"I found out here I can do more than I thought I could," says Wanda Latham. "Miss Dottie, Miss Sally and the volunteers have taught me not to be afraid to try new things."

The crafts also bring in much-needed revenue. Clients earn their keep—sales from their products cover half of the Center's annual operating costs. The other half is generated by a team-sponsored Rock-A-Thon (with rocking chairs), recycled aluminum can sales, contributions, a \$2,000 city grant, a \$4,000 county grant, investment income, local Lions Club gifts, and miscellaneous sources such as memorials.

Clients can buy their baskets at cost, but pay the full shop price for all other items. Sighted volunteers help the clients make the crafts, and many are master crafters. The Center once suffered a reputation of being the place where people "string plastic beads." Now folks in the community look forward to its craft shows. The once-seasonal Gift Shoppe is now open Monday through Friday. It brims with contemporary and traditional crafts including quilts, rugs, sock monkeys, throw pillows and pottery. People can view products on the Center's Web site and call or e-mail to place orders.

"We have to sell in order to be self-supporting," says Dottie Walker, director for more than 20 years, and a member of the Tideland EMC Touchstone Energy cooperative. Walker is proud of the Center's accomplishments, but feels the pressure to stay financially afloat, to "produce more." She says the challenge is to cover operating expenses, including rising costs of utilities and other necessities, as well as saving for the future.


Dottie Walker and Sally Moler, clearly resourceful women, make \$12.50 and \$10.50 an hour, respectively. Both

regularly work overtime without pay. There is a part-time cleaner and a part-time craft finisher.

Fortunately, about 35 volunteers drop in weekly, and another 15 help monthly, with crafts, typing, lawn maintenance, computer tasks, fund-raising and publicity. They serve lunch to clients, who pay 50 cents a plate and 50 cents for soda. On Mondays, Woolard, Alligood and Emilie Wilkes, 86, help Sally make soups, casseroles and desserts.

All the clients are blind or visually impaired, referred by social workers, and live inside or outside Beaufort County. Typically, clients are elderly and contend with other health issues such as heart problems and diabetes. There are not many men here, maybe because men sometimes have a harder time asking for help or they still have a spouse assisting them.

Getting transportation to the Center can be challenging. Clients who live in Beaufort County can take a county bus, which arrives around 9 a.m. and leaves the Center at 2:30 p.m. The bus ride can be a long one, with the first stop at 7 a.m. over in Aurora. Moler worries that there are people outside Beaufort County who can't get a ride in. There are reportedly 172 blind and visually impaired people in Beaufort County and 446 in neighboring Pitt County. The Center has around 50 clients who come in monthly for eye care such as glasses and exams. Of those, around 25 attend weekly.

Curtis Etheridge, blind since birth, is already practicing his chair rocking for the 2008 Rock-a-Thon. "I do it for The Blind Center," he says. "So I can keep coming." 

Holiday craft sale

Blind Center and vendor crafts will be for sale, along with "chilitos," white bean chicken soup, brownies and cake, at the "Chris Cringle Area Craft Show." It will be held Friday and Saturday, Dec. 7-8, from 10 a.m. to 5 p.m. at the Blind Center.

The Blind Center

221 N. Harvey St.
Washington, NC 27889
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www.theblindcenter.org



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Pepper Dog salsa

Pepper Dog is a mixed breed of tomatoes, cilantro, garlic and spices blended to a smooth consistency. It is made without vinegar or onions found in traditional salsas, and contains no preservatives or additives. The difference is in the heat, according to the Apex-based company. Pepper Dog salsas come in mild, medium and hot and are sold at many North Carolina stores, including Blowing Rock Market in Blowing Rock, Good Life Gourmet in Nags Head, Temptations in Wilmington and select Whole Foods. Folks can also buy online through links at Pepper Dog's Web site. Suggested retail prices for the salsa are \$3.95 for the 9-ounce container and \$6.95 for 16-ounce. Gift crates with three jars (1 mild, 1 medium, and 1 hot, 9 ounces each) sell for \$15. A new green salsa was set to debut in November.

Pepper Dog

P.O. Box 902
Apex, NC 27502
(919) 367-8485
www.pepperdogsalsa.com

Home-cooked peanuts

Super-sized peanuts—grown, cooked and packed down on the farm—bring a super-sized taste. Varieties are: salted, unsalted, redskins, hot Cajun, and new hot, hot chipotle. Seasonal specials are: single-dipped chocolate-covered peanuts, extra-crunchy peanut brittle, homemade sugar-coated peanuts. New sweets for this year are: old-fashioned peanut squares and tasty chocolate-covered peanut brittle. Available in assorted gift boxes and baskets. Corporate pricing is also available. Visa and MasterCard accepted. All are packaged in vacuum-sealed cans in a variety of sizes.

Taylor's Home Cooked Peanuts LLC

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(252) 398-9946
www.taylorspeanuts.com
E-mail: taylorspeanuts@taylorspeanuts.com



Organic lavender products

Sunshine Lavender Farm has transformed this soothing and fragrant herb into calming bath salts, relaxing eye pillows and sachets, aromatic soaps, hand and body creams, lip balms, candles and more. The Orange County-based business grows lavender using organic practices to develop its fresh products. Lavender helps relieve stress and ease headaches. It can be used in the garden to help repel mosquitoes or as a recipe ingredient in the kitchen. Sunshine Lavender Farm sells its products online, through special events, and in stores throughout North Carolina, including Wake, Orange, Durham, Cumberland, Craven and Alamance counties. Bath Salts (16-ounce) are \$12 and the Bed & Bath Powder (5-ounce) is \$13.

Sunshine Lavender Farm

(919) 732-5533
www.sunshinelavenderfarm.com

Butterfields candy

The Butterfields candy people say the candy they sell today is basically the same candy that J.W. first made in 1924. The company, based in Nashville, N.C., sells an assortment of hard candies, including peach, lemon, cherry, grape and grapefruit flavors. Items that come in Christmas tins include Jingle Bursts (peppermint flavor), Naughty or Nice Buds (cranberry and orange) and Wish Buds (holiday assortment). They all sell for \$12.99, 16 ounces.

Butterfields Candy

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www.butterfieldscandy.com





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Gourmet butters

Headstart Gourmet offers three handmade compound butters to spruce up meals: white wine with butter, lemon, thyme and garlic; red wine with butter, raspberry, honey and mustard; and orange Creole, a reduction of orange juice with butter and Creole spices. You can use the butters as a spread, melt them to make a sauce, or dollop them on hot food. The compound butters retail for \$6.99 each (4 ounces). Stores that carry Headstart Gourmet Butters include Wholes Foods stores across North Carolina and A Southern Season in Chapel Hill. Folks can also purchase gift packs that contain each compound butter (three total containers) for \$20, plus shipping, by contacting Headstart Gourmet by e-mail or phone.

Headstart Gourmet

1021 Green St.
Durham, NC 27701
david@headstartgourmet.com
(919) 824-3993
www.headstartgourmet.com

Cakes, cookies and more

The folks at Victoria's Sweets Bakery-Café take pride in making homemade baked goods. Made-from-scratch cakes include black forest, black truffle and almond razz, as well as cheesecakes. Victoria's online store also includes several kinds of cookies including lemon sandwich, oatmeal-cranberry, chocolate chip and "checkerboard." Pies include sweet potato, French silk and key lime flavors. Cookie gift baskets start at \$23, and gift tins start at \$28.

Victoria's Sweets Bakery-Café

152 Morrisville Square Way
Morrisville, NC 27560
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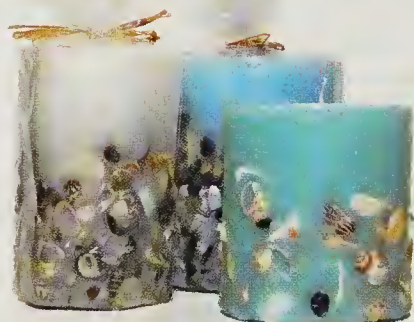
Sweetums' Cake in a Jar

Sweetums' Original Cake in a Jar, made by Sweetums Eats & Treats in Pinebluff, is a handy thing to have on hand for unexpected company or to send to loved ones. The cakes are baked in a mason jar and vacuum packed. Sweetums says the cakes have a shelf life of up to a year, or if opened will stay fresh for two weeks refrigerated, and they easily slide out of the jar. Flavors include butter macadamia, German chocolate, orange cranberry, mocha double chocolate chip, scotch almond snickerdoodle, white chip pumpkin walnut and holiday spice. Prices are \$6 a jar, plus shipping.

Sweetums Eats & Treats

740 E. Chicago Ave.
Pinebluff, NC 28373
(910) 281-5500
www.sweetumseatsandtreats.com





N.C. Wildlife cap

At the online N.C. Wild store, you will find stationery, calendars, books, posters, and clothing that features North Carolina wildlife. The products are sold by the North Carolina Wildlife Resources Commission, and proceeds support development and production of conservation education projects and programs across the state. Apparel includes sweatshirts, T-shirts and caps. The WRC's exclusive NC Wildlife design is featured on several Wild Store items, including a pigment dyed, low-profile khaki cap. It has a charcoal-colored, preformed visor and a brass buckle on the fabric back strap. The cap costs \$18.

North Carolina Wildlife Resources Commission

NCSU Centennial Campus,
1751 Varsity Drive, Raleigh, NC 27606
(866) 945-3746
www.ncwildlife.org

Candles and sprays

Paul Hoge Creations sells a variety of seashell candles, odor eliminator candles and odor eliminator sprays. In business since 1975, the Marshville-based company's seashell candles come in multiple colors and styles. Candle fragrances include gingerbread, mulberry and a blend of cucumber melon. A set of three seashell candles sells for \$24.95. The company's store, Candle Factory Store, is in Marshville and open daily, or you can order online.

Candle Factory Store

7105 East Marshville Blvd.
Marshville, NC 28103
(800) 252-6353
www.candlevision.com

JLK Jewelry

Artisan Jennie Lorette Keatts, a member of Randolph EMC, has a line of jewelry featuring handmade pottery stones layered with glazes and set in sterling silver. Pieces are accented with semi-precious stones and gold and/or copper. The line includes necklaces, earrings, rings, pins, pendants, watches and bracelets. Amethyst, garnet, labradorite, lapis, sodalite, rhyolite and turquoise are among stones used. Prices start at \$24 for earrings on up to \$425 for a one-of-a-kind-necklace. JLK Jewelry, which takes custom orders, is located at Jugtown Pottery in Seagrove and sells online as well.

JLK Jewelry at Jugtown

330 Jugtown Rd.
Seagrove, NC 27341
(910) 464-2653
www.jlkjewelry.com

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Aunt Ruby's Peanuts from Enfield, N.C., makes very popular gifts any time of the year. You can get them raw, roasted in the shell, country-style, red-skin style, honey-roasted, and chocolate-covered in individual cans in several sizes or in a variety of gift packs. Try the popular cashews and new gift packs. Call toll-free or order online for quick delivery.

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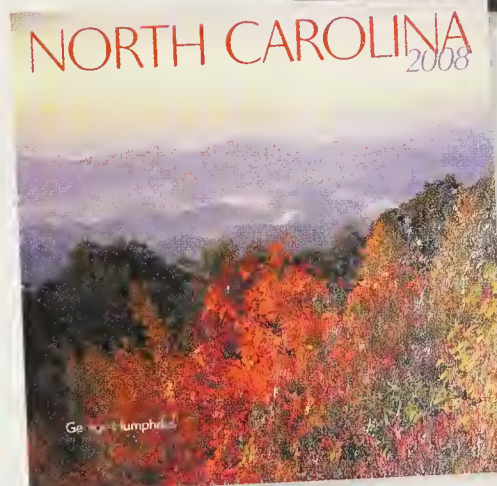
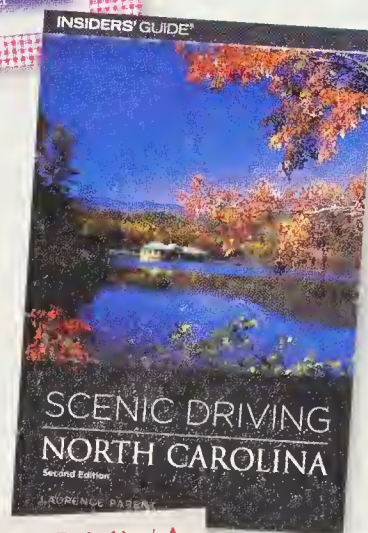
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2008 North Carolina calendar

This specialty calendar, part of a U.S. state calendar series, is an attractive organizational tool. Photographed by teacher, photographer and Buncombe County resident George Humphries, the calendar's eye-catching images include a red sunrise over Core Sound, yellow azaleas at Grandfather Mountain, a cliff at Stone Mountain State Park and boats in harbor at Bath. The calendars, which have four-month planning grids and extra space for notes, are 12¼ by 12¼ inches and cost \$12.99 each.

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Kid Crafts



What children can do with a little help and a lot of imagination



Close enough to the Wright flyer

I visited the Smithsonian museum in D.C. in 1991 where I first laid eyes on the Wright Brothers plane. I thought in my heart that someday I would make it to the Carolina coast to see the actual spot where Orville and Wilbur pulled it off. What a thrill to take two of my boys there.

On route from Huntersville, we stopped in at a craft store to see if there was anything that would help us pass the time for a 7-year-old on a long car ride. It was perfect. I never would have thought you could glue a wooden plane together in the car, but it was ready to fly in no time.

After we played on the replica at the Outer Banks, the model plane meant even more to all of us. When we returned home, my son Corban couldn't wait to slap some paint on it.

Carter Eby, Huntersville, EnergyUnited



The gingerbread house

Every year our local mall invites children to come and make a gingerbread house. My children, Sam and Savannah, always look forward to this special Christmas memory. They also look forward to the candy that they will get to devour as soon as we get home.

Pam Garrett, Statesville, EnergyUnited



Luke's crafts

My grandson, Luke Thomas Morton, enjoyed different crafts at church Bible School including painting and making necklaces. He enjoys wearing his bead necklace.

Dorothy Steele, Lilesville, Pee Dee



Pin cushion dolls

When I was in 2nd grade back in 1940, our teacher taught us how to make a pin cushion. This was to be a Christmas present for our mothers. (When my mother passed away this pin cushion was in her belongings.) The following year, I made many of these pin cushions for the women in my family. I don't know if they saved them like my mother, or hid them away, because they were so ugly.

The doll is 8 inches tall. Material for her skirt is 5½ by 10 inches. Draw head, arms and body on material. Make the skin color of your choice. Make the embroidery face with thread or markers. Sew upper body together. Hair is made of 6-inch strands of yarn sewn on the face and doubled back until hair is 3 inches long. Sew sides of skirt together. Gather skirt and attach to body, then stuff doll with cotton or your choice of stuffing. Gather the bottom of skirt and tie off. (Please note the black thread under her chin to hold her hair in place.)

With all the new supplies available today, this should be much easier to make than it was 67 years ago.

Dean Burk, High Point, EnergyUnited



Thanks to everyone who sent us pictures of crafts made by kids. You can see more at our Web site. Next month we'll publish recipes of your favorite holiday meals. (Deadline was October 15.) For more themes and rules of our Nothing Could Be Finer series, see page 19.



Tyrannosaurus rex?

When my son, Maverick, was 3, he was interested in dinosaurs and animals, like all little boys. When I told him we could make a tyrannosaurus rex out of papier-mâché he was elated.

We were working at my drafting table when I left long enough to get more water. Within a few minutes, he was quickly covered in corn starch from head to toe (as was the lamp just above his head and the tip of his nose). When I returned to the room, I saw him absorbed in his work and contemplating his next move.

Jill Gunter, Bear Creek, Randolph EMC



My prized file

This is one of the prized pieces from all of my artwork. I made this tile at a summer camp in 2006. It won first prize at the county fair. From my point of view it is one of my masterpieces.

Emily Lynn Hench, Lexington, EnergyUnited



A March leprechaun

One March day my 5-year-old Colby said, "Mommy, let's make a scarecrow." Since it was nowhere near fall, I had the idea to make a leprechaun instead. So we got to work designing, cutting, gluing and piecing together our leprechaun. Our picture window in the kitchen seemed a good place to hang him so we could all enjoy our artwork, but he was missing something—a rainbow with a pot of gold! So out came the paint and more glue to place all of the coins to the pot. That leprechaun hung there all month and was quite a conversation piece.

Dawn Baker, Morganton, Rutherford EMC



Lindsay's clay creations

This clay creation was made by my 7-year-old daughter Lindsay. She started making these when she was 4. The figures range from all kinds of animals to angels. This one is a squirrel putting tomatoes in a basket. Her idea for this one came from her Papa's struggle with squirrels stealing his tomatoes. She made this just for him.

Recently, Lindsay decided to make her clay creations and sell them to make money for a young woman in our church who is dying of colon cancer. Lindsay earned \$60 to donate, but to me they are priceless.

Tamara McNeill, High Falls, Randolph EMC

Sticker books

When my daughter, Tiffany, was 11 years old and in the 6th grade, we sent her to a private school at a Mennonite church where they dress like "Little House on the Prairie" days. She had to wear long dresses and have her hair braided every day. All the girls there had stickers and sticker books. My daughter collected so many that she made a special box out of craft paper and decorated it with her favorite stickers to hold all her sticker books. 📁

Sharon Hardin, Rutherfordton, Rutherford EMC



send us your best **EARN \$50**

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January 2008

How We Met

Was it love at first sight, or did it take awhile?

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My First Job

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Deadline: December 15

March 2008

Garden Photos

Send photos of your garden and the stories behind them.

Deadline: January 15

The Rules

1. Approximately 200 words or less.
2. One entry per household per month.
3. Photos are welcome. Digital photos should be a minimum of 1200 by 800 pixels.
4. E-mailed or typed, if possible. Otherwise, make it legible.
5. Include your name, e-mail address and phone number.
6. If you want your entry returned, please include a self-addressed, stamped envelope. (We will not return others.)
7. We pay \$50 for each submission published. We retain reprint rights.
8. We will post on our Web site more entries than we publish, but can't pay for those submissions. (Let us know if you don't agree to this.)
9. Send to: Nothing Finer, Carolina Country, 3400 Summer Blvd., Raleigh, NC 27616
Or by e-mail: finer@carolinacountry.com
Or online: www.carolinacountry.com

Experience Christmas at The Bob Timberlake Gallery



"Christmas Cardinal" and "Christmas Candle"
are included in Christmas Portfolio



Come enjoy the glorious holiday décor, grand fireplaces, and the new Riverwood Coffee Shop. You're certain to find the perfect gift... and if it's furniture you're looking for, the Lexington Gallery is the largest showroom of Bob Timberlake furniture anywhere!

**Riverwood
COFFEE SHOP**

Christmas Portfolio is a signed-only portfolio release pairing two popular Timberlake images, "Christmas Cardinal" and "Christmas Candle". Both giclée reproductions are hand signed by Bob Timberlake. Each image measures 9" x 12" on archival paper with a deckled edge. \$125.00 (for the pair)

Christmas Open House is Saturday, December 8, 2007 from 9am 'til 5pm in Lexington. Don't miss the artisans, live music, original artwork, home accessories, art reproductions, furniture, apparel and more! Bob will be on hand from 1-4 pm to meet folks and autograph things.

The *Bob Timberlake*
Gallery

1714 East Center Street Ext., Lexington, NC 27292
Lexington Gallery Hours: Monday - Saturday, 10 - 5
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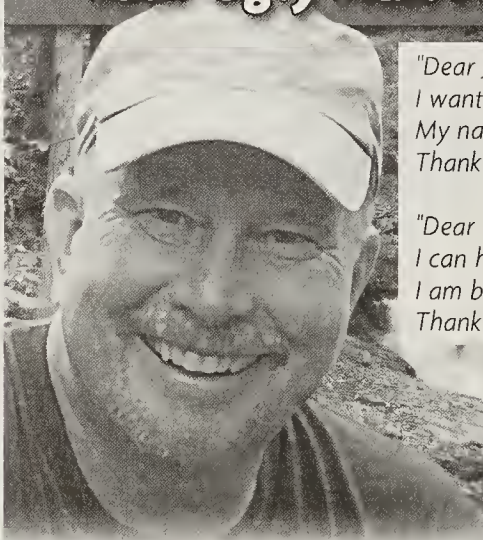
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Ansel ADAMS

cruising the Inland WATERWAY

An exhibit in Elizabeth City shows the master photographer's ground-breaking work

By Elizabeth Evans
For the Museum of the Albemarle



A groundbreaking photography exhibition documenting a boating cruise on the Intracoastal Waterway is the focus of “Ansel Adams in the East: Cruising the Inland Waterway in 1940.” The collection will be displayed through Dec. 2 at the Museum of the Albemarle in Elizabeth City.

Depicting nearly 50 square proofs, gelatin silver prints and enlargements from 2.25-inch negatives, the photographs document a Thanksgiving week vacation cruise that took Adams and the well-known arts patron David Hunter McAlpin from Norfolk, Va., to Savannah, Ga., in 1940.

Featuring photographs taken by Adams and McAlpin, an amateur photographer, the exhibition provides an early photo-documentary view of the Intracoastal Waterway prior to World War II.

“It captures the idyllic times experienced by Americans before the country’s involvement in a war that changed the world, as well as the direction of modern art,” said Don Pendergraft, exhibit design chief with the Museum of the Albemarle. “In essence, it is ‘the calm before the storm.’”

Adams is well known for his majestic Western landscapes, while McAlpin was instrumental in establishing the Department of Photography at the Museum of Modern Art (MoMA) in New York.

In October 1940 at McAlpin’s invitation, Adams traveled to New York to advise his friend in setting up MoMA’s new photography department. McAlpin, who had persuaded MoMA trustees to recognize photography as a valid fine art form, chaired the trustee committee to oversee the photography department. In November, after completing the first phase in establishing the new department, McAlpin suggested to Adams they take a break.


The next month they boarded the 42-foot schooner Billy Bones II at Norfolk for a 580-mile excursion on the Intracoastal Waterway.

The cruise provided the two photographers ample opportunity to test their skills in a new locale. Adams, known for his sweeping landscapes, tried his

Photographer Ansel Adams takes in the view along the Intracoastal Waterway during a Thanksgiving weekend cruise in 1940. (Photographer unknown)

hand at social documentary work when he photographed dockworkers in Carolina fishing ports. At Deep Creek, Va., McAlpin photographed Adams at the schooner’s masthead. Taken from the high vantage point, Adams’ photograph in the exhibit shows a bird’s eye view of the lock and surrounding countryside.

The photographs stand out as “excellent examples of intuitive, hand-held photography” according to Jareckie.

The Museum of the Albemarle exhibition is only the second time these photographs have been shown. “Ansel Adams in the East: Cruising the Inland Waterway in 1940” appeared earlier this year at the Fitchburg Art Museum in Fitchburg, Mass. The collection is on loan from the Sarah Sage McAlpin Estate. 

The Museum of the Albemarle (www.museumofthealbemarle.com) is located at 501 S. Water Street in Elizabeth City. The northeastern regional branch of the North Carolina Museum of History, the museum interprets the history of 13 counties in northeastern North Carolina. Call (252) 335-1453.




How to prevent electrical fires at home

Fires continue to be among the leading causes of accidental death in the United States, and nearly one-third of residential fires are related to electrical distribution or appliances and equipment. These electrical fires cause hundreds of deaths and thousands of injuries each year, along with more than a billion dollars in property damage.

The Safe Electricity organization has issued the following ideas for reducing the hazard of electrical fires. Safe Electricity is an electrical safety public awareness program created and supported by a coalition of several dozen organizations, including electric utilities, educators and other entities committed to promoting electrical safety. For more electrical fire prevention information, visit www.SafeElectricity.org.

- Inspect all appliances, cords and plugs twice a year, when you change the batteries in your smoke alarms.
- Damaged, abused or worn extension cords can pose a major fire hazard. To avoid using extension cords on an ongoing basis, ask a qualified electrician to add circuits or outlets.
- Always follow the manufacturer's instructions for plugging an appliance into a receptacle outlet and avoid overloading outlets.
- If outlets or switch plates feel warm to the touch, shut off the circuit and have it checked by an electrician.
- Don't place cords underneath rugs and furniture, and do not run cords behind baseboards, curtains and in high-traffic areas.
- Use only a three-slot outlet for appliances with a three-prong plug. Never remove the grounding pin or force it to fit into a two-slot outlet or extension cord.
- Replace any appliance or tool if it causes even small electrical shocks, overheats, shorts out or gives off smoke or sparks.
- Check to make sure light bulb wattage is no higher than what is rated for the fixture.
- To prevent overheating, allow air space around heat-

producing appliances such as TVs, plug-in radios, stereo sets, computers and powerful lamps.

- Be sure all electrical equipment bears the Underwriters Laboratories (UL) label.
- In homes with small children, plug unused wall sockets and extension-cord receptacles with plastic safety covers.
- When possible, avoid the use of "cube taps" and other devices that allow the connection of multiple appliances into a single receptacle.
- Never plug more than two home appliances into an outlet at once. Use only outlets designed to handle multiple plugs. Give special consideration to appliances that use 1,000 or more watts, such as refrigerators, hot plates, irons, microwave ovens, dishwashers, heaters, and air conditioners. Avoid plugging them into the same outlet or circuit.
- Do not exceed 1,500 watts for each outlet or circuit. If a circuit breaker trips or a fuse blows frequently, immediately cut down on the number of appliances on that line.
- The majority of fires caused by electrical wiring flaws occur in the bedroom. Safe Electricity suggests Arc Fault Circuit Interrupters (AFCIs) be professionally installed in bedrooms. AFCI is a relatively new technology to address electrical fire hazards, and the National Electric Code now requires AFCIs for bedroom circuits in new residential construction.
- In many older homes, the capacity of the wiring system has not kept pace with today's increase in modern appliances and electrical usage. Dimming lights when an appliance goes on, a shrinking TV picture, slow-heating appliances or fuses blowing frequently are signals of overloaded circuits. If you notice any of these warning signals, call a qualified electrician to get expert help.
- A functioning smoke alarm dramatically increases your chances of surviving a fire. Replace the batteries twice a year, and remember to practice a home escape plan frequently with your family. 

Paper or plastic?

A 1990 study by the research firm Franklin Associates—which factored in every step of the manufacturing, distribution and disposal stages of a grocery bag's usable life—actually gave the nod to plastic bags.

Franklin's employed two critical measures. The first was the total energy consumed by a grocery bag, including energy needed to manufacture it, called process energy, and energy embodied within the physical materials used, called feedstock energy. The second measure used was the amount of pollutants and waste produced.

The Franklin report concluded that two plastic bags consume 13 percent less total energy than one paper bag. Additionally, the report found that two plastic bags produce 25 percent less solid waste, a 15th as much waterborne waste and 50 percent less atmospheric waste as one paper bag.

Many environmentalists still side with paper as a better choice. They say plastic is not biodegradable, it litters our waterways and coastal areas, and has been shown to choke the life out of unsuspecting wildlife. A recent survey by the United Nations found that plastic in the world's oceans is killing more than 1 million seabirds and 100,000 marine mammals and sea turtles every year. Paper bags do not cause such after-the-fact problems, and are inherently easier to recycle.

But to the non-profit Institute for Lifecycle Environmental Assessment, "paper versus plastic?" is not the question, since the answer is "neither." Making paper bags brings down some 14 million trees yearly to meet U.S. demand alone, while plastic bags use up some 12 million barrels of oil each year. The group urges consumers to "just say no" to both options and instead bring their own re-usable canvas bags, backpacks, crates or boxes to haul away the groceries.

To learn more: Institute for Lifecycle Environmental Assessment, www.ilea.org.




Getty Images

Although a 1990 study concluded that two plastic bags consume 13 percent less total energy than one paper bag, many environmentalists still side with paper as a better choice. Better yet, bring your own re-usable canvas bags to haul away groceries.

systems remove any food value the waste might have had, he says. Most sewer filtration systems use chemicals to rid the outflow of any life forms, beneficial or otherwise. Plus, grinding food in a garbage disposal uses a lot of freshwater, which is becoming a precious commodity.

Those on their own septic systems also might want to minimize their use of the garbage disposal. According to the U.S. Environmental Protection Agency (EPA), regular use of garbage disposals leads to a "more rapid buildup of scum and sludge layers in the septic tank and increased risk of clogging in the soil adsorption field due to higher concentrations of suspended solids in the effluent."

Composting doesn't have to be a messy proposition. For starters, when doing the dishes make sure to dump any and all food waste items into a kitchen-based composting bin with a lid that seals tight. A mesh strainer in the sink can catch smaller food scraps and be dumped into the composting bin when the dishes are done. When the kitchen-based compost bin fills up, it can be dumped into a larger composting bin outside. After four to six months, you should have some nice compost to add to your garden and jumpstart the health of your soil. 

To learn more: Grinning Planet, www.grinningplanet.com; The Compost Bin, www.compost-bin.org; Clean Air Gardening, www.cleanairgardening.com.

Got an Environmental Question?

Send it to: EarthTalk, c/o E/The Environmental Magazine, P.O. Box 5098, Westport, CT 06881; submit it at: www.emagazine.com/earthtalk/thisweek, or e-mail: earthtalk@emagazine.com. Read past columns at: www.emagazine.com/earthtalk/archives.php.

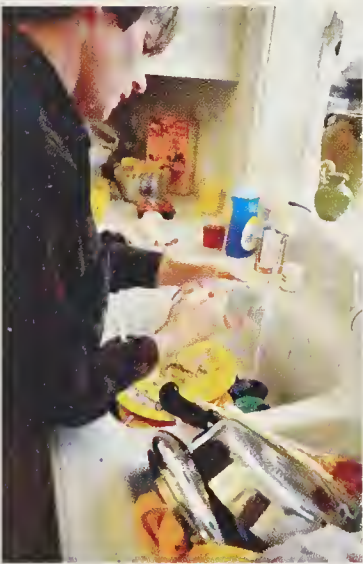
Are kitchen disposals earth-friendly?

Kitchen sink garbage disposals are not necessarily earth-friendly, but they do play a role in grinding up food scraps into small enough bits for local sewer or on-site septic systems to handle. In the U.S. overall, about half of all homes have a garbage disposal in the kitchen.

But garbage disposals are not the greenest way to dispose of food waste. According to

Mark Jeantheau of the Web site Grinning Planet, consumers interested in returning food-based nutrients back to the earth should bypass the garbage disposal in favor of composting.

"The ground-up waste [in a garbage disposal] does not go back to nature's water supply to be gobbled up by fish and other life forms," he says. Sewage-treatment and septic



Getty Images



“Cotton Field”

Art by Jim Harrison

South Carolina artist Jim Harrison dedicates himself to preserving the rural images of the Carolinas and U.S. He began his career 50 years ago in rural Bamberg County south of Columbia, S.C., as a sign painter with J.J. Cornforth. He began producing fine art prints in the 1970s and went on to be featured in galleries and exhibitions throughout the nation. His gallery in rural Denmark, S.C., is housed in the building where he had his start as a sign painter. Visitors are welcomed.

“Cotton Field” is available as limited edition prints (\$185) and canvas transfer images (\$690) measuring 15 by 30 inches, and can be framed or unframed.

Jim Harrison Gallery
One South Main St.
Denmark, SC 29042.
(800) 793-5796

www.jimharrison.com

Holidays and Healing

By AlexSandra Lett

On Thanksgiving Day 2005, as I drove into the yard of my parents' farmhouse in Buckhorn community, everything looked about the same. Siding was added to cover the worn-out wood. A new red roof hid the chimney that smoked boldly when Daddy and Mama—Bud and Ruby Lett—built fires on brisk mornings. The front porch featured two big rocking chairs where Daddy and Mama sat on warm days.

But on this holiday, the house where Mama and Daddy lived for almost 60 years hosted a different gathering. The kitchen stove and countertop once displayed a big turkey, cornbread dressing, ham, mashed potatoes, candied yams, green beans, peas and biscuits prepared by Mama. Instead family members baked goodies at home and contributed offerings similar to the ones usually served in "Ruby's Restaurant."

It was our family's first Thanksgiving without Mama. While we missed her culinary creations, we longed most for Mama's smile and spirit. The year before we had celebrated the holidays for the first time without Daddy, and though it was gut wrenching, we young'uns and kinfolk hid our sorrow for the sake of Mama. This time we allowed the tears to flow as we shared memories. We knew that healing from loss must be honored.

Family members observed the custom of picking pecans from the big tree in the back yard. However, we missed seeing the delight in Daddy's eyes when he proudly gazed at buckets of pecans placed on the back porch, just waiting for him to empty through the winter months. Daddy loved pickin' out "pee-cans" almost as much as he did pickin' his "git-tar."

In their retirement years Mama and Daddy found comfort in simple projects that allowed them to stay indoors during cold weather. Daddy loved sitting at the kitchen table using his "citified" nutcracker, and then with a knife, carefully separating the core from the shell. Mama did her share of pickin' out and placed the best pecans in plastic bags for sharing. Small pieces were frozen for her recipes. A neighbor Jerry delivered the pecans to his co-workers and friends who couldn't do their Christmas baking without Mama's and Daddy's nuts.

When I think of holiday celebrations, I am grateful for the love I saw Mama and Daddy experience with each other, how they held hands every day and found magic in the simple life. On every Thanksgiving Day I will know that whenever love wells up in my heart they are near.

Mama would have noted her 86th birthday on Nov. 26, 2005. Instead Mama celebrated her "rebirth" in Heaven with her favorite person, Daddy.

In honor of Mama's birthday each year I would buy her a red poinsettia, which she pronounced "pond-setta" in a thick Southern accent, and deliver it on Thanksgiving Day. Several years ago I spoke at a Christian woman's organization in Sanford, and folks had donated items to be auctioned off to raise money for foreign missions. I won a Christmas tree of silk poinsettias, accented with green, gold and silver leaves, featuring a big bow at the top with streams of ribbon. When I took the "pond-setta" tree to Mama she was proud



Mama's kitchen was known as "Ruby's Restaurant."

as a peacock. For Mama's last Christmas I bought two pillows featuring bright red poinsettias for her sofa. Mama was so tickled that she told everyone who visited: "Sandy gave me those purt-ty pillows." One Christmas I bought Mama a bright red sweater featuring black beads and sequins. She wore it several times and liked being "citified."

Meanwhile, if we had given Daddy some overalls, a flannel shirt and socks for Christmas every year he would have been totally satisfied. One time I borrowed Daddy's "git-tar" and had it spruced up with new strings. Daddy was blessed with the ability to play music by ear. My sister Carolyn and I would come home from preachin', eat Mama's big Sunday dinner, and then sing the hymns from the service so Daddy could pick out the notes. He was shy about performing but presented solo concerts in the privacy of the bedroom. When company came, Mama would sneak folks in quietly to hear Daddy playing passionately and singing to the top of his voice.

During holiday season 2006 Mama's "pond-setta" tree sat on my dining room table, and her two pillows adorned the white sofa in my living room. I placed Daddy's old "git-tar" on display. Surrounded by their favorite things, I am reminded of the treasures that symbolized my parents' joys. Mama loved red and bold. Daddy preferred simple and practical. Throughout the holidays both cherished most the timeless traditions, sweet memories, and warm fellowship in our family, our church, and our community. 📖

Excerpted from "Coming Home to my Country Heart," (c) 2007 by AlexSandra Lett, writer and professional speaker. The book recounts



her return to her heart and hometown in Buckhorn community, Lee County. It is her fourth book, a 6-by-9-inch hardcover of 127 pages with photographs and sells for \$15.95 (plus 6.75% N.C. sales tax and \$3 shipping). For more information or to book an engagement, contact Southern Books & Talks, 1996 Buckhorn Rd., Sanford, NC 27330. Phone: (919) 258-9299. Web: www.atimelessplace.com



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Electric appliance monthly energy costs

How much does it cost per month to operate your appliances? You'll find the average monthly operating costs for many of them in this table.

Keep in mind that these costs will rise as the cost of energy rises during the coming years.

- We've used the average residential rate of 10.2¢ per kilowatt-hour (2006 average of all North Carolina's electric cooperatives combined) to calculate these numbers.
- All kilowatt-hour calculations are rounded to the nearest 1.
- All cost calculations are rounded to the nearest 1¢.
- The cost to operate any appliance can be calculated with this formula:
Operating cost = wattage/1,000 x hours used x cost/kilowatt-hour.

APPLIANCES	APPROX. AVERAGE WATTAGE	HOURS OF USE	KILOWATT HOURS	MONTHLY COST
Air Conditioner (Room 6,000 BTU)	750	120-240	90-100	\$9.18-\$18.36
(Room 9,000 BTU)	1,050	120-240	126-252	\$12.86-\$25.71
Air Source Heat Pump (12 SEER 2.5 ton)	3,500	90-180	315-630	\$32.13-\$64.26
Ceiling fan	100	15-330	2-33	\$0.41-\$3.37
Clock	5	Always on	4	\$0.41
Clothes dryer	5,000	6-28	30-140	\$3.06-\$14.28
Clothes washer	500	7-40	4-20	\$0.41-\$2.04
Coffee maker	1,000	4-30	4-30	\$0.41-\$3.06
Computer with monitor and printer	200	25-160	5-32	\$0.51-\$3.26
Dehumidifier	350	120-720	42-252	\$4.28-\$25.70
Dishwasher	1,800	8-40	14-72	\$1.43-\$7.34
Drill	300	3-7	1-2	\$0.11-\$0.22
DVD player	40	50-200	2-8	\$0.21-\$0.82
Fan (portable)	115	18-52	2-6	\$0.21-\$0.63
Freezer (15 cubic feet)	335	180-420	60-141	\$6.12-\$14.39
(20 cubic feet—chest)	350	180-420	63-147	\$6.43-\$15.00
Heater (portable)	1,500	30-90	45-135	\$4.59-\$13.77
Humidifier (portable)	100	80-540	8-54	\$0.21-\$5.51
Iron	1,000	1-10	1-10	\$0.11-\$1.02
Lawn mower (electric)	1,500	2-4	3-6	\$0.32-\$0.62
Lighting (Incandescent 60 w)	60	17-200	1-12	\$0.11-\$1.23
Compact fluorescent (60 watt equivalent)	18	17-200	0.3-4	\$0.04-\$0.41
Microwave oven	1,500	5-30	8-45	\$0.21-\$4.59
Standby Power Cordless Drill	240	400-720	96-173	\$9.80-\$17.62
Microwave oven with Clock	8	Always on	6	\$0.62
Power saw	275	2-4	0.6-1.1	\$0.07-\$0.12
Range Oven	3,500	10-50	35-175	\$3.57-\$17.85
Small element	1,200	10-50	12-60	\$1.23-\$6.12
Large element	2,300	10-50	23-115	\$2.35-\$11.73
Refrigerator/freezer (Frost-free 16-18 cu. Ft.)	400	150-300	60-120	\$6.12-\$12.24
Side by Side	780	190-300	148-234	\$15.10-\$23.87
Stereo	30	1-170	0.3-5	\$0.04-\$0.51
Television (color 19")	100	60-440	6-44	\$0.62-\$4.49
Color 27"	170	60-440	10-75	\$1.02-\$7.65
42" Plasma	450	60-440	27-198	\$2.76-\$20.24
Toaster (pop-up)	1,100	1-3.5	1-4	\$0.11-\$0.41
Toaster oven	1,250	2-24	3-30	\$0.32-\$3.06
Vacuum cleaner	800	2-6	2-5	\$0.21-\$0.51
Video game (X-box)	100	15-75	2-8	\$0.21-\$0.82
Water Heater (typical family of 4)	4,500	90-138	405-621	\$41.31-\$63.35

YOU KNOW YOU'RE FROM

Carolina country if...

...instead of being attracted to people you
take a shine to them.

Nancy Bodenheimer


From Nancy Bodenheimer, Kernersville

- ... You had a cake walk at your school on a Saturday night as a fundraiser.
- ... You brought down a hornets nest, stopped it up, took it to your church during summer revival, pulled out the stopper, then threw it through an open window.
- ... You put a forked stick on your cow's neck to prevent her from milking herself.
- ... Your pet goat followed you a half mile to the bus stop, then came back to meet you when you got off the bus after school.
- ... You know you've been good if you've been "walkin' the chalk line."
- ... You're spending too much time with your mama when she says, "Quit hanging on like a calf on a tit."
- ... You like to look out the winder.

From Melissa Taylor, Tarboro

- ... You know not to assume that the car with the flashing turn signal is actually going to make a turn.
- ... Your favorite movies are "Fried Green Tomatoes," "Driving Miss Daisy," "Steel Magnolias" and "Gone with the Wind."
- ... You become best friends with someone while standing in the check-out line at your supermarket.

From Nell Murray, Liberty

- ... You pinched the little green end off a honey sucker and the little drop of sweet juice went in your mouth.
- ... You rubbed a chunk of fatback meat on a chigger bite and snuff on a bee sting.
- ... You made hoppy-toad houses by packing sand over the top of your foot and gently sliding your foot out.
- ... You climbed to the top of a slim sapling tree and swung over.
- ... After your family visited another family and you started to leave, they would say "Yaw-uns come back when you can."

From Becky Deans, Zebulon

- ... Your parents taught you to be respectful of and pray for those who don't have as much as you do.


From Peggy Edwards, Lumberton

- ... You saved brown paper bags to cut in strips and use as hair rollers.
- ... You hauled water in 50-gallon barrels to set out tobacco by hand setters.
- ... You cooked on a two-burner oil stove.
- ... You loved eating salt mullets and baked sweet potato.
- ... You hung sausage, liver pudding and hams in the smoke house.

From Eddie Riffle, Indian Trail

- ... Your mama would not let you in the house until you had pulled all the hitchhikers and petticoat creepers from your clothes.
- ... After a couple days of hard rain you and your cousins would play in a huge deep mud pit in the low spot of the pasture.
- ... After picking cotton all day long you waited by the scales for your pay.
- ... You took to your granddaddy a mason jar of ice water while he was plowing the fields.
- ... Your grandmother had a single shot .22 that made all the squirrels in her pecan trees very nervous.
- ... You looked for arrowheads while bustin' up clods behind your granddaddy's tractor.
- ... You flew in a crop duster that landed on the road in front of your house.
- ... Your favorite meal is a platter of cold fried chicken, pimento cheese sandwiches and fresh young spring onions.
- ... You swam with the snakes in grandma's pond.
- ... You bailed hay with a tractor, stacked it on a wagon, then threw the bales up in the barn loft and drank ice cold grape Kool Aid in the shade.

From Selma Braddy, Tideland Electric


- ... You used matchboxes as cars and played with them under the porch in the dirt.
- ... Girls made playhouses using sticks and strings to separate each room.
- ... Clothes were recycled to wear with patches of many colors to cover worn out holes.
- ... Everyone used the same water dipper at the 'backer barn.
- ... Comzie Comzie was your favorite game to play when your electricity was off.
- ... You picked up a soda bottle in the ditch and traded it for a Pall Mall cigarette at the old store down the road.
- ... You ran through a tall cornfield during a hail storm trying to find your way home. 

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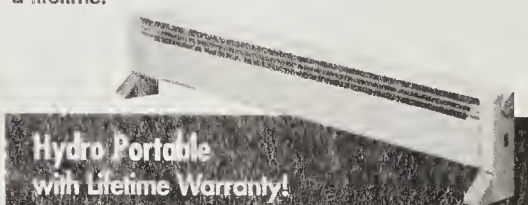
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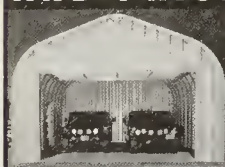
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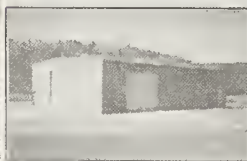
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60X75X12.....	\$ 15,672
50X100X12.....	\$ 16,920
100X100X12 w/column.....	\$ 34,872
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60x100x12.....	\$20,450
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M A T C H B O X E S

B R O H R S

T M T C R

x 2
M

x 4
B

Match the boxes above with the boxes below to create two multiplication problems. Solve the problems and write your answers in the box tops. Then match boxes to find hidden words in your answers.

0	1	2	3	4	5	6	7	8	9
S	T	M	C	B	O	H	I	R	W

SOUTHERN exposure

Probably all of us have stories of how we, as children, misunderstood or misheard something that adults told us, leading to hilarious misconceptions. In his delightful novel, *ANDY CATLETT: EARLY TRAVELS*, Wendell Berry has nine-year-old Andy tell how he misheard the county health officer when that doctor came into the school and say he had come to look for head lice. Andy thought he said headlights.

"And it seemed all at once credible and wonderful to me that some of us might have lights in the tops of our heads, hidden by our hair."

This reminded me that, when I was about nine, I misunderstood a neighbor when she told my mother that her nursemaid, DeeDee, had a cesarean. I knew that DeeDee, a large black woman with a prominent gold tooth, had just had a baby. But how, I wondered, did she ever attract a man from Caesaria, wherever that was.

If you have a similar story, send it to me.



DAFFYNITION

fore•paws Southern ancestors

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Cy Nical says:

"When you have a large family, holidays seem

A s v v e o v s i l t o."

Use the capital letters in the code clue below to fill in the blanks above.

"A E I L R T V" means
solve it

WORD ward-wary-pray PLAY

M A C O N

R O W A N

To go from MACON County to ROWAN County you must change one letter to spell a new word in the second step, then change one letter in that word to spell ROWAN in the third step. Letters are rearranged in each step. If your answer is different from mine, please send it to me.

For answers, please see page 34.

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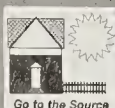
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\$100,000	\$591.54	30 YR. Fixed	5.87*	6.04%
\$150,000	\$887.31	30 YR. Fixed	5.87*	5.99%
\$200,000	\$1,104.41	5 YR ARM	5.25***	5.39%
\$200,000	\$666.50	Power Arm	1.25***	6.52%

* Fixed Rate conforming loans for 70 LTV rate/term refinance/purchase transactions. ** Interest Only home equity loan. 90 LTV. Interest only payments for up to 10 years. Principle payments can be made at any time without penalty. *** ARM loans for 70 LTV rate/term refinance/purchase transactions. Power Arm payment adjusts annually while rate adjusts monthly. All rates and terms subject to differ as market conditions change. Other Rates, Terms and Products available. Call about Cash Out, Debt Consolidation, JUMBO Loans and more.

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November Events



Take part in holiday festivities during Lexington's Christmas Open House on November 18. Shop for holiday gifts, listen to Christmas music, ride in a horse-drawn carriage or climb aboard the North Pole Express train. To learn more, call (336) 249-0383 or visit www.uptownlexington.com

PIEDMONT

Art Guild Competition

Through Nov. 21, Fayetteville
(910) 433-2986
www.capefearstudios.com

Gingerbread Arts & Crafts Fair

Nov. 1-3, Winston-Salem
(336) 993-7097

Holly Day Fair

Nov. 1-4, Fayetteville
(910) 323-5509
www.hollydayfair.com

Twelve Angry Men

Nov. 1-18, Fayetteville
(910) 323-4233
www.cfrrt.org

Cozy Cottage Craft Sale

Nov. 2-3, Kernersville
(336) 993-2260

Down East Holiday Show

Nov. 2-4, Greenville
(252) 493-7287

Tchaikovsky's

Triumphant Fourth Event

Nov. 3, Fayetteville
(910) 433-4690
www.fayettevillesymphony.org

Pottery & Folk Art

Nov. 3, Colfax
(336) 632-1413
www.selectpottery.com

Free Day at Cape Fear

Botanical Garden
Nov. 3, Fayetteville
(910) 486-0221
www.capefearbg.org

Charlotte Gold Rush

Nov. 3, Huntersville
(704) 875-2312
www.lattaplantation.org

Discover Anson Bike Ride

Nov. 3, Ansonville
(704) 694-4181
www.ansoncounty.org

Southmont Craft Show

Nov. 3, Southmont
(336) 798-3537

Frogtown Pottery Festival

Nov. 3, Robbins
(910) 948-3540

Holiday Shopping Spree

Nov. 3, Smithfield
(919) 965-4660
www.johnstoncountync.org

J.D. Crowe & The New South

Nov. 3, Smithfield
(919) 209-2099
www.johnstoncountync.org

MOUNTAINS

Street Dances

Mondays, Hendersonville
(800) 828-4244
www.historichendersonville.org

"The Producers" musical

Nov. 1, Morganton
(800) 939-7469
www.commaonline.org

Pastel Society Show

Nov. 1-14, Blowing Rock
(828) 295-6367
www.blowingrock.com

"Barefoot in the Park"

Nov. 2-4 & 9-11, Hayesville
(828) 389-8632
www.licklog.verizon.net

Foothills Highland Games & Celtic Festival

Nov. 3, Hendersonville
(828) 693-8526
www.foothillshg@bellsouth.org

ArtMart

Nov. 3, Brevard
(828) 884-2787
www.tcarts.org

Blacksmith Auction

Nov. 3, Brasstown
(828) 837-2775
www.folkschool.org

Pottery Festival

Nov. 10, Shelby
(704) 828-9928
www.carolinapotteryfestival.org

Marshall Tucker Band

Nov. 10, Spindale
(828) 245-1492
www.isothermal.edu/foundation

Pottery Festival

Nov. 10, Shelby
(704) 824-9928
www.carolinapotteryfestival.org

The Ten Tenors

Nov. 13, Morganton
(800) 939-7469
www.commaonline.org

Hometown Christmas Celebration

Nov. 16, Murphy
(828) 837-6821

Kipling's (original musical)

Nov. 16-17, Spindale
(828) 245-1492
www.isothermal.edu/foundation

Fiddlers Convention

Nov. 17, Ellenboro
(828) 453-7457

Christmas Lights Ceremony

Nov. 22, Forest City
(828) 247-4430
www.forestcityevents.com

Christmas in the Park

Nov. 23, Blowing Rock
(828) 295-5222
www.blowingrock.com

Thanksgiving Kiln Opening

Nov. 24, Blowing Rock
(828) 295-5099
www.blowingrock.com

Christmas Parade

Nov. 24, Blowing Rock
(800) 295-7851
www.blowingrock.com

Gift of the Magi

Nov. 27, Spindale
(828) 286-9990
www.isothermal.edu/foundation

The Christmas Bus

Nov. 28-Dec. 16,
Blowing Rock
(828) 295-9627
www.blowingrock.com

Potters Market

Dec. 1, Marion
(828) 652-8610

Mountain Men

Tractor & Truck Pull
Dec. 1, Fletcher
(828) 682-2645
www.carolinatractorpullers.com



Pick up some unique works of art at the Carolina Pottery Festival in Shelby on Saturday, November 10 from 10 a.m. to 4 p.m. To learn more, visit www.carolinapotteryfestival.org or call (704) 824-9928.

Horse Show

Nov. 3-4, Smithfield
(919) 934-1344
www.johnstoncountync.org

Doodlebops LIVE!

Nov. 4, Fayetteville
(910) 438-4100
www.crowncoliseum.com

"Male Intellect: An Oxymoron?" comedy
Nov. 6, Winston-Salem
(336) 721-1945
www.ncarts.edu

"Put Your Family & Genealogy on TV"

Nov. 6, Monroe
(704) 283-8184
www.union.lib.nc.us

Traveling Tribute Wall
Nov. 6-12, Fayetteville
(910) 483-5311

William Feasley In Concert
Nov. 6, Mount Olive
(919) 658-2505
www.williamfeasley.com

"Gypsy"

Nov. 8, Fayetteville
(910) 438-4100
www.crowncoliseum.com

Craft Corner

Nov. 8-10, Mocksville
(336) 751-5749

Craft Village

Nov. 8-10, Mocksville
(336) 956-6067

Southern Christmas Show

Nov. 8-18, Charlotte
(704) 376-6594
www.southernchristmasshow.com

Tribute to Veterans: Union County Soldiers

Nov. 9-10, Monroe
(704) 283-8184
www.union.lib.nc.us

Judged Quilt Show

Nov. 9-11, Asheboro
(336) 857-2135
www.randquiltguild@rtmc.net

Veterans Day Parade

Nov. 10, Fayetteville
(910) 494-2256

Craft Bazaar

Nov. 10, Louisburg
(919) 556-4026

Craft Show

Nov. 10, Asheboro
(336) 873-7726

Veterans Day Ceremony

Nov. 11, Hope Mills
(910) 425-3775

Dan Finch Pottery

Nov. 11, Bailey
(252) 235-4664
www.danfinch.com

Havens Helpers Fundraiser

Nov. 12, Sanford
(919) 776-8981

A Season of Evergreens

Nov. 12-18, Sanford
(919) 774-8923
www.haveninleecounty.org

Lazy-O Farm Turkey Dayz

Nov. 12-21, 23, 24, Smithfield
(919) 934-1132
www.johnstoncountync.org

Auto Show

Nov. 15-18, Charlotte
(704) 364-1078
www.charlotteautoshow.com

"The Underpants"

Nov. 15-20, Greenville
(252) 328-4788

Lighting of the Green

Nov. 16, Gibsonville
(336) 449-6721

Hometown Holiday Celebration

Nov. 16-17, Mebane
(919) 304-6019
www.downtownmebane.com

Yule Mart

Nov. 16-18, Fayetteville
(910) 483-5311
www.visitfayettevillenc.com

Civil War Soldier for a Day

Nov. 17, Huntersville
(704) 875-2312
www.lattaplantation.org

Seagrove Pottery festival

Nov. 17-18, Seagrove
(336) 873-7887
www.seagrovetpotteryheritage.com

Christmas Parade

Nov. 18, Monroe
(704) 226-1407
www.unionsmartstart.org

Christmas Open House

Nov. 18, Lexington
(336) 249-0383
www.uptownlexington.com

A Dickens Holiday

Nov. 23, Fayetteville
(910) 323-1776
www.theartscouncil.com

Plantation Christmas

Nov. 23-24, Huntersville
(704) 875-2312
www.lattaplantation.org

Craftsman's Christmas Festival

Nov. 23-25, Fayetteville
(910) 483-2040

Lights O' The Neuse

Nov. 23-25, & 30 Clayton
(919) 553-0016
www.johnstoncountync.org

An Old Fashioned Christmas

Nov. 29, Albemarle
(704) 984-9415
www.albemarledowntown.com

Country Music Showcase

Nov. 29-30, Smithfield
(919) 209-2099
www.johnstoncountync.org

Holiday Home Tour

Dec. 1, Littleton
(252) 586-3657

COAST

Cape Fear Scarecrow Festival

Through Nov. 4, Wilmington
(910) 251-0727

Fall Classic & ABI Futurity

Nov. 2-4, Williamston
(252) 937-2800
www.carolinaclassicderby.com

"Carousel"

Nov. 2-4, 8-11, 15-17, New Bern
(252) 633-0567
www.newberncivictheater.org

Church Bazaar

Nov. 3, Hertford
(252) 426-5961

Bass Tournament

Nov. 3, Edenton
(252) 482-5343
www.pembrokefishingcenter.net

Brits & Battleship Car Show

Nov. 3, Wilmington
(910) 799-2753
www.bmccf.org

Fellowship Fall Bazaar

Nov. 3, Bridgeton
(252) 638-4638

Festival Latino: A Cultural Celebration

Nov. 3, Wilmington
(910) 341-0007

Rockfish Tournament

Nov. 3, Columbia
(252) 796-1677
www.palmettopeartree.org

St. Stan's Polish Festival

Nov. 3, Castle Hayne
(910) 675-2336
www.ststans-nc.org

Art Gallery Opening

Nov. 3, Beaufort
(252) 728-5225
www.beauforthistoricsite.org

Southern Coastal Bluegrass festival

Nov. 4, Kure Beach
(910) 251-1788
www.coastalbluegrassfestival.org

Cucalorus Film Festival
Nov. 7-10, Wilmington
(910) 343-5995
www.cucalorus.org

"Pirates, Shipwrecks & Treasures"
Nov. 8, Elizabeth City
(252) 335-1453

Sammy Kay Orchestra Swing & Sway
Nov. 8-9, Manteo
(252) 475-1500
www.roanokeisland.com

MCC Stampede in the Park Rodeo
Nov. 9-10, Williamston
(252) 792-1521

Farm Toy Show
Nov. 9-10, Washington
(252) 975-2896

Celebrate the Arts & Fall Wine Festival
Nov. 10-11, Wilmington
(910) 762-0485
www.celebratetheartsnc.org

Barrel Bonanza
Nov. 16-17, Williamston
(252) 442-8989

Christmas at Twilight
Nov. 17, Wallace
(910) 285-4044
www.wallacechamber.com

"Jumble" Community Sale
Nov. 17, Beaufort
(252) 728-5225
www.beauforthistoricsite.org

Community Thanksgiving Feast
Nov. 18, Beaufort
(252) 728-5225
www.beauforthistoricsite.org

Arts & Crafts Show
Nov. 23-24, Buxton
(252) 995-4788

Hatteras Island Arts & Crafts Show
Nov. 23-24, Cape Hatteras
(252) 995-4788

Enchanted Airlie
Nov. 23-Dec. 22, Wilmington
(910) 798-7700
www.airliegarden.org

Island of Lights Walking Tour of the Lake
Nov. 23-Jan. 1, Carolina Beach
(910) 458-0211
www.islandoflights.org

Holiday Flotilla
Nov. 24, Wrightsville Beach
(910) 256-2120
www.ncholidayflotilla.org

Festival of Trees
Nov. 24-Dec. 2, Wilmington
(800) 773-1476

The Everybodyfields & Arlington Priest
Nov. 30, Oriental
(252) 745-8186

Island of Lights Parade
Nov. 30, Carolina Beach
(910) 458-9023
www.islandoflights.org

Downtown Christmas Celebration Lighting
Nov. 30, Edenton
(252) 482-3400

Caroline Herring & Coyote
Dec. 1, Oriental
(252) 745-8186

Christmas Open House Harmony Hall
Dec. 1, White Oak
(910) 866-4844
www.harmonyhallnc.com

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Ongoing, Charlotte
(704) 568-1774
www.charlottemuseum.org

"Voices & Portfolio" African-American art
Through Nov. 4, Fayetteville
(910) 485-5121
www.fayettevillemuseumart.org

"Brooklyn to Biddleville:" Neighborhood Histories
Through Nov. 10, Charlotte
(704) 568-1774
www.charlottemuseum.org

Viewing the Bill of Rights
Nov. 30-Dec. 2, Greensboro
(336) 373-2043

American, European & Japanese Art
Through Dec. 2, Charlotte
(704) 337-2009
www.themintmuseums.org

A New World: England's First View of America
Through Dec. 13, Raleigh
(919) 807-7943
www.ncmuseumofhistory.org

"The Color Purple"—Movie Display
Through Dec. 31, Marshville
(704) 517-5622

Buffalo Nation: Plains Indian Cultures
Through Dec. 31, Gastonia
(704) 866-6923
www.schielemuseum.org

"Everybody's War: NC and World War II"
Through Feb. 17, Raleigh
(919) 807-7943
www.ncculture.com

Fiberart International
Through Feb. 2008, Charlotte
(704) 337-2009

Call to Duty
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(910) 432-3443
www.bragg.army.mil/18abn/museums.htm

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Lady Bird on the Web

You don't have to visit the Lady Bird Johnson Wildflower Center in person to appreciate the value of this research institution to the public. The Texas-based national treasure has a top-notch Web site (www.wildflower.org) that allows users to access an extensive native plant database, an online photo gallery with 17,000 images of native plants (many of them royalty-free) and an advice column that tackles questions from online readers across the country. Have a question for Mr. Smarty Plants? Visit www.wildflower.org/expert to submit your query. Need help identifying a plant? E-mail your photos (save images in JPEG format, no more than 640x480 pixels in size, with resolution set at 300 pixels per inch) detailing where and when you found the plant and describing the site. Include several photos that show details of leaves, stems, flowers, fruit and the overall plant. Put "Plant Identification Request" in the subject line, and e-mail to smartyplants@wildflower.org. The Web site also has a handy interactive search feature to help you choose a suitable native plant for sites throughout your garden. For example, let's say you want to find a shrub that will work well in dry soils in light shade. After selecting "North Carolina" as your region, check the boxes for the combination of characteristics you desire. The search function will provide you with a list of recommended species with growing information. This feature is found in the Native Plants Database section under the "Explore Plants" menu.

Hort Shorts

- ▶ One of eastern North Carolina's most common hollies is adorned with glossy, dark bluish-black berries. *Ilex glabra*, also known as inkberry or bitter gallberry, isn't as well known in gardens as the red-fruited hollies, but it also is a valuable evergreen landscaping shrub. Tough and hardy, it works nicely in hedges and foundation plantings. 'Nigra' is a well-tested, relatively compact selection (3–6 feet).
- ▶ Soaker hoses are the drought-stricken gardener's best friend. Cheaper than a drip-irrigation system, these porous hoses water vegetable and flower beds efficiently. Because of its incredible efficiency, low-volume irrigation is often exempt from mandatory watering restrictions that limit use of sprinklers and standard hoses. (Check with your town or county authority.)
- ▶ Rely on spring-blooming bulbs like daffodils and alliums if marauding squirrels are a problem. Unlike tulips, which are "squirrel candy," these bulbs don't tempt the rascally rodents.
- ▶ Gardening can be such a summer-centric obsession that we often neglect to plan for year-round interest. On a pretty day in winter, visit your nearest botanical garden or arboretum with a notebook and digital camera in hand. Take reference snapshots of favorite plants and close-ups of plant labels to use in later research. Pay attention to plant combinations and to the exposure and conditions in which the plants are growing.



In late summer and into winter, American beautyberry is laden with shiny magenta-purple fruit.

An American beauty

American beautyberry is the perfect popular name for *Callicarpa americana*, a homegrown natural beauty. In late summer and into winter, this tough, adaptable shrub is laden with shiny magenta-purple fruit. The ornamental berries are displayed in unusual fashion, held in tight clusters that encircle the plant stem. They remind me of fruit on skewers! Though purple is the most familiar color in the wild, several cultivated varieties include a white-fruited form, 'Lactea', and one with bubblegum-pink fruit, 'Welch's Pink'. The latter will hold its color better in a partially shaded location. Beautyberries are suitable for full sun and light shade in well-drained soil; fruiting is heavier in sun. They are drought-tolerant and require no fertilizer. The shrub has an open, often-weeping form and fuzzy, light-green leaves. The lavender-pink flowers produced in summer are inconspicuous. American beautyberry may grow 4 to 8 feet tall, but plants are very tolerant of pruning. Because flowers are produced on new growth, shrubs may be cut back to 4 to 6 inches from the ground in winter or early spring—this will also increase fruit production. Use as a specimen or in hedges or mass plantings. Beautyberry is hardy in Zones 6–10. 🌱



Carla Burgess can be reached at ncgardenshare@mindspring.com.

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Thermal mass in your house adds comfort and lowers energy use

Adding thermal mass to your house can lower utility bills and add comfort because it moderates temperature swings inside your home. Thermal mass is any material that can absorb and store heat, including masonry, water and wood. It has benefits year-round, but particularly during the summer.

During the winter, moderating the indoor temperature swings can result in less heat being lost to the outdoors. This helps in rooms where heat is generated indirectly, such as cooking in the kitchen or bathing in the bathroom. It also helps in rooms with south-facing windows which receive passive solar heating. A room with low thermal mass overheats and loses heat, while a room with high thermal mass overheats less and stores heat.

This is the basic concept that keeps log homes fairly comfortable in all weather conditions. Even though walls constructed of solid logs have a low insulation R-value relative to an insulated framed wall, log homes stay comfortable. This is caused by the thermal mass quality of heavy solid logs.

During the summer, thermal mass can delay the need for air-conditioning until later in the day. Once the outdoor temperature drops, the windows can be opened and the thermal mass cools off overnight. Another option is to run your central air conditioner or heat pump in the morning to cool the home while the overall electricity demand is lower. This can reduce the peak electricity demand for your co-op during mid-afternoon.

If your house is heated with a heat pump with electric resistance backup heat, additional thermal mass is a definite plus. Heat pump efficiency and its heat output are greater when the outdoor air is warmer, such as during a sunny afternoon. With adequate thermal mass, enough heat may be stored indoors so the backup resistance heating does not have to come on or run as long when the outdoor temperature drops at night.

The keys to increasing the thermal mass in your home are to select the proper materials and incorporate as much as possible. The thermal mass generally should be located evenly throughout your house, with more in areas where it can absorb excess heat and then slowly release it to the room air.

The thermal mass of various materials is rated by their heat capacity properties. Water has a high heat capacity of 62.4 per cubic foot, compared to drywall at only 1.3 per cubic foot. Wet soil rates about 55, concrete is about 31, brick is about 27, and stone/tile ranges from 18 to 36 depending upon type. Their natural thermal properties, in addition to their densities, determine the above numbers.

If you're planning new construction, install a thick concrete floor even if it is over a basement or crawl space. Precast concrete panels are a good choice. Using radiant floor heating is effective with this design. Use decorative



Use synthetic stone trim on walls to increase the indoor thermal mass, especially near a fireplace.


solid brick or stone for the interior wall where a new room attaches to the existing house. Tile flooring adds additional thermal mass to the room. Another advantage of a massive floor is that it reduces low-frequency sound transmission, such as from loud music.

To increase the thermal mass in your existing rooms, consider installing a ceramic tile floor in the foyer. This is particularly effective if the sun shines in through windows in the door. The thickness and weight of the tile is more important than its color, although darker colors are slightly better. Ceramic tile also has a unique thermal property that allows it to easily reradiate the heat out to the room again.

Decorative brick panels can be added to interior walls. Although they are not as thick as a new solid brick wall, they add some mass and look realistic. If you use a fireplace, build a thick raised brick or stone hearth. The hearth absorbs the radiant heat from the fire and stays warm for hours after the fire is out.

In the kitchen, install thick granite, marble or slate countertops and tile backsplashes to absorb the excess heat when cooking and baking. If you wash your dishes by hand, leave the hot water in the sink until its thermal mass gives off its heat to the room air as the water cools down.

Houseplants with large pots of moist soil create thermal mass. If you store water in jugs for emergencies, store them in a closet or under the sink instead of in the garage or basement. After taking a hot bath, let the water cool down first before draining the tub.

Send inquiries to James Dulley, Carolina Country, 6906 Royalgreen Dr., Cincinnati, OH 45244 or visit www.dulley.com. 

James Dulley is an engineer and syndicated columnist for the National Rural Electric Cooperative Association.

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ESTATE AUCTION, Saturdays, November 10 & 17, 2007, 10 a.m. Carolyn Gray Hart (deceased), 6010 Loop Road, Clemmons, NC 27012. Miss Carolyn was an educator and avid collector—Coke Cola, Thimbles, Shirley Temple, Bells, Post Card 1800 and 1900, Books, National Geographic late 1920 to present, household furniture, Sarah Coventry Jewelry dealer, unbelievable collection. Speer Auctions, Mocksville, NC, 27028—NCAL #2984, 336-998-4162. See [#10133](http://www.auctionzip.com).

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Citrus-Scented Brined Turkey

- 11 garlic cloves, peeled
- 6 cups unsweetened apple juice
- 1 cup kosher salt
- $\frac{3}{4}$ cups packed brown sugar
- $\frac{1}{3}$ cup soy sauce
- 3 tablespoons minced fresh gingerroot
- 4 bay leaves
- 6 cups cold water
- 1 turkey (12 to 14 pounds)
- 1 medium lemon, cut into wedges
- 4 sprigs thyme
- 1 tablespoon vegetable oil

Mince five garlic cloves; halve the remaining garlic cloves and set aside. In a large kettle, combine the apple juice, salt, brown sugar, soy sauce, ginger, bay leaves and minced garlic. Bring to a boil; cook and stir until salt and sugar are dissolved. Remove from the heat. Add cold water to cool the brine to room temperature.

Remove giblets from turkey; discard. Place a turkey-size oven roasting bag inside a second roasting bag; add turkey. Carefully pour cooled brine into bag. Squeeze out as much air as possible. Seal bags; turn to coat. Place in a roasting pan. Refrigerate for 18–24 hours, turning several times.

Drain and discard brine. Rinse turkey under cold water; pat dry. Place the lemon, orange, onion, thyme and reserved garlic in both cavities. Rub oil over skin. Skewer turkey openings; tie drumsticks together.

Place turkey, breast side-up, on a rack in a roasting pan. Bake, uncovered, at 325 degrees for 4 to 4 $\frac{1}{2}$ hours or until meat thermometer inserted in the thigh reads 180 degrees (cover loosely with foil if turkey browns too quickly). Let stand for 15 minutes before removing contents from cavities and carving the turkey.

Yield: 12–14 servings

Editors Note: This recipe was tested with Morton brand kosher salt. It is best not to use a pre-basted turkey for this recipe.

Pineapple Sweet Potato Boats

- 8 medium sweet potatoes
- 2 cans (8 ounces each) unsweetened crushed pineapple, drained
- $\frac{1}{2}$ cup butter, melted
- 1 teaspoon salt
- $\frac{1}{2}$ teaspoon each ground cinnamon, ginger and allspice
- $\frac{1}{4}$ teaspoon ground nutmeg

TOPPING:

- 2 cans (14 ounces each) unsweetened pineapple tidbits, drained
- 6 tablespoons brown sugar

Scrub and pierce sweet potatoes; place on a microwave-safe plate. Microwave, uncovered, on high for 12–14 minutes or until tender, turning once.

When cool enough to handle, cut a thin slice off the top of each potato and discard. Scoop out pulp, leaving a thin shell. In a large mixing bowl, mash the pulp. Add the crushed pineapple, butter, salt, cinnamon, ginger, allspice and nutmeg; mix well. Spoon into sweet potato shells.

Place on baking sheet. Sprinkle with pineapple tidbits and brown sugar. Bake, uncovered, at 325 degrees for 30–35 minutes or until heated through.

Yield: 8 servings



Winning reader recipe

Apple Harvest Cake

- 3 cups all-purpose flour
- 1 teaspoon baking soda
- 1 teaspoon salt
- 1 teaspoon ground cinnamon
- $\frac{1}{4}$ teaspoon nutmeg
- $\frac{1}{2}$ cup walnuts, chopped
- $\frac{1}{3}$ cup fresh or dried cranberries, chopped
- 2 medium Granny Smith apples (or other variety), chopped
- $1\frac{1}{2}$ cups granulated sugar
- 1 cup oil
- 2 teaspoons vanilla
- 2 eggs
- Powdered sugar for garnish

Preheat oven to 350 degrees. Grease 10-inch tube pan. In medium bowl, sift flour, baking soda, salt, cinnamon and nutmeg. Stir in walnuts. Peel apples and chop; set aside. In large bowl, combine sugar, oil, vanilla and eggs. Stir in cranberries and apples. Stir in flour mixture until moistened; batter will be stiff. Spoon into prepared pan, spreading evenly. Bake 1 hour or until cake tester inserted in center comes out clean. Cool cake in pan on wire rack for 10 minutes. Loosen edges and remove to completely cool on wire rack. Garnish with powdered sugar after cake is cooled.

Cynthia Aiken, a member of Haywood EMC, will receive \$25 for submitting this recipe.

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Address _____

City _____ State _____ Zip _____

Date of Birth _____ Telephone _____

MAIL THIS COUPON TODAY TO RECEIVE
FULL DETAILS WITHOUT OBLIGATION

CC 11/07

MOST HEALTH CONDITIONS ACCEPTED!

Not affiliated with or endorsed by any government agency

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (non-tobacco)	<u>Female</u> (non-tobacco)
5	\$.55	\$.55
15	\$.59	\$.55
35	\$ 1.30	\$ 1.08
55	\$ 3.20	\$ 2.53
65	\$ 5.36	\$ 4.14
75	\$ 10.23	\$ 7.64
85	\$ 19.77	\$ 16.52

* Does not include \$36 policy fee, minimums may apply

Sample Monthly Rates per 1,000*

<u>Issue</u> <u>Age</u>	<u>Male</u> (tobacco)	<u>Female</u> (tobacco)
5	N/A	N/A
15	N/A	N/A
35	\$ 1.79	\$ 1.49
55	\$ 4.30	\$ 3.55
65	\$ 7.18	\$ 5.41
75	\$ 13.24	\$ 8.85
85	\$ 26.26	\$ 17.67

* Does not include \$36 policy fee, minimums may apply